

# Why No White Sugar

Much study and research has suggested time and again that refined sugars have detrimental effects on the human body. Further studies also indicate that entanglement with our “sweet tooth” is emotional as well as physical.

Refined sugar has been stripped of all its nutritional value during processing, resulting with an end product that more resembles a pharmaceutical than a food source. Furthermore, when refined sugars are eaten, they break down very quickly. They enter the blood stream much too rapidly (sugar high), which signals the pancreas to overproduce insulin which then results in a drop of the blood sugar level (sugar crash). When refined sugars are ingested, the result is a sudden energy burst followed by an equally rapid fall in energy levels.

When a person continually eats sugar, the body becomes inefficient at manufacturing glucose from complex carbohydrates, protein and fats. The mechanisms in the body, which perform this task, shut down from disuse, causing the blood glucose level to drop. The cravings, perspiration, shakes and depression that follow send the sugar-holic running for the nearest candy bar or cookie jar and the vicious cycle continues. These sweets may bring the blood sugar back to normal for the moment, but the body chemistry is being upset. When the individual gets to a point where body chemistry cannot re-balance, health breakdowns result.

Addiction is closely related to allergy. The body has become so accustomed to compensating for the presence of the allergenic substance that when the substance is removed, withdrawal symptoms occur. **Sugar cravings are a direct indication that sugar is at work destroying your immune system.**

## Some of the consequences, symptoms and degenerative diseases caused by over consumption of refined sugars are:

- Food Allergies
- Tooth Decay
- Hypoglycemia
- Diabetes
- Hyperactivity in children
- Headaches
- Fatigue
- Joint Pain
- Cataracts
- Cancer
- Kidney Stones
- Gas Pain
- Bloating
- Gall Stones
- Osteoporosis
- Obesity
- Heart Disease
- Arthritis
- Increased Cholesterol
- Premenstrual Syndrome
- Chronic Constipation
- Varicose Veins
- Impaired Immune System
- Candidiase  
(yeast infection)

### Other Names for Sugar

Dextrose	Sucrose	Maltose	Glucose	Corn Syrup
Cane	Modified Food Starch	Corn Sweetener	Galactose	Invert Sugar
		Sweetener	High Fructose	

**Instead use:** Stevia, Xylitol